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MAY 2016

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THE RESURRECTION OF
IOWA'S PRAIRIES

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MODEL FOR ALL AGES

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Editor

Margo Niemeyer

Contributors

NICOLE ARNOLD
RONNA LAWLESS
MARY CLARE LOKKEN
KAREN PETERSEN
KECIA PLACE-FENCL
JAN RIGGENBACH
KAREN SCHWALLER

Photographers

KECIA PLACE-FENCL
RONNA LAWLESS
JAN RIGGENBACH
KAREN SCHWALLER



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Publisher

SCOTT ANDERSON

Tribune Editor

MICHAEL CRUMB

ADVERTISERS

To advertise in Facets magazine,
contact Tiffany Hilfiker at
(515) 663-6973

PHONE

(515) 663-6923

ADDRESS

317 Fifth St. Ames, IA, 50010

EMAIL

mniemeyer@amestrib.com

ONLINE

www.amestrib.com/sections/
special-sections/facets

Purple coneflowers and tall-
grasses grow in a private back-
yard prairie in south Ames.
*Photo by Ronna Lawless/Nevada
Journal*

EDITOR'S NOTE

Say hello to summer!

Summer is right around the corner and I have so many plans and projects on my to-do list. Most of them are outside. Major relandscaping, fence building, painting, vacations and water activities are at the very top of this list. I almost feel like I should have started working on my projects on the first warm day of spring, because now the excuses are piling up. It's too cold or too windy. And pretty soon it will be too hot or the sun will be too bright — I am the queen of lazy excuses. But no more! We, as in me, must take up our shovels and paint brushes and make the most of the outdoors this summer. The to-do list must be attacked head-on. No backing down because I can't locate my sunglasses.

Speaking of sunglasses, a few suggestions to minimize the lazy excuses:

- Locate your sunglasses (all three pairs, or do I have four?)
- Check the expiration dates on all summer goops — sunscreen, sunburn soothers, lotions
- Do you need to update your wardrobe? — Consignment stores are lovely places for gardening clothes

- Where is your floppy hat?
- Take inventory on lawn and yard gear — gas can, garden hose, rake, shovel and such.
- Restock the first aid kit
- Bring your water with you wherever you go
- Unplug for the day — I suppose you could bring your MP3 player or radio outside with you, but that's it.
- Get project prep done as soon as you can — that means make a list of everything you need for all your projects BEFORE you go to your favorite home improvement store. Otherwise you might end up driving back and forth three times because you realize you needed something for another project. I'm guilty of the triple-drive Lowe's trip.

There are obviously many more ways to minimize those lazy excuses. These are all very easy tasks, unless you are like me and can't remember how many pairs of sunglasses you have, then you might spend half the day looking for that fourth pair that you don't actually own.

So get out there and make the most of the outdoors this summer!

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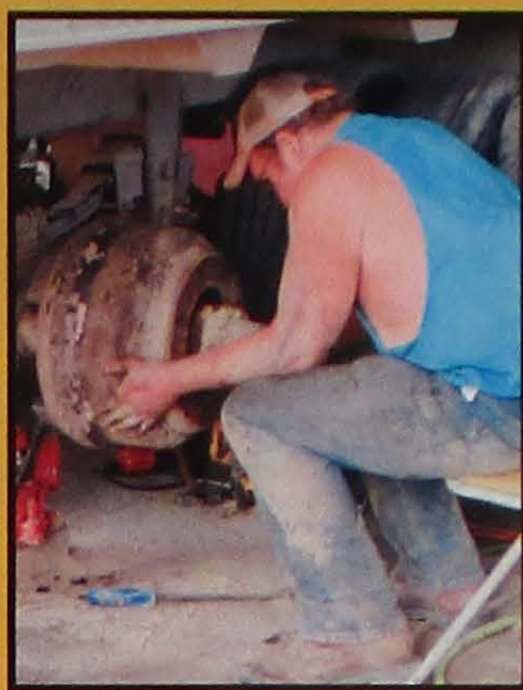
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Photos by Karen Schwaller/contributing writer

GETTING FIT IN THE GREAT OUTDOORS

BY KAREN SCHWALLER
Contributing Writer

With the fitness craze that has people flocking to gyms — sporting their cute workout clothing and carrying their water bottles everywhere — it's been an ongoing struggle for the farm family as to how they're going to fit that into their schedules.

Around here the only flocking that gets done is when we're working with the sheep.

Unless there's cheesecake.

It seems rational to think that farmers invented physical fitness — and the best (and most ingenious) part for them is that it's all done in the grandeur of the great outdoors.

If we were to follow a farmer through the year, we'd see that they start out lambing and calving. Anyone who has wrestled to get a stuck calf out of its mother has to know that it's an "all-in" event. It takes just about every muscle in the body to get that calf out and on the ground, and limber legs to amble yourself away from all that's coming out with it. Yeesh.

Lambing isn't quite as strenuous if the lamb is normal sized, but after a ewe has lambed you need to make sure she has a good milk supply — and that can be a test of wills — and strength. Truthfully, if someone came after me to test me like that, I'd run, too. Poor mama.

Then there's the worming and shearing of sheep. Last time we sheared, our sons grabbed clippers to help. They stood up from each finished ewe — tired, sore and sweaty.

They now don't know if that job keeps people fit or turns them into old people.

After that they get right into the planting and spraying season, where they climb up into and down from tractors and implements. Anyone who uses seed bags knows the load it can be to carry them around and empty them into the planter, time after time, until the planter is full.

And there's the rock picking. If we were meant to do that God would have kept His "long-armed" version of human ancestry. That job would have killed the Vikings off.

Anyone who has milked cows knows that, back in the day, farmers had strong hands and forearms from all that hand milking. They also had keen aim from shooting some milk into the mouths of nearby waiting cats. Today with the new parlors, farmers have strong hands, upper arms and shoulders from working with the milkers that are at eye level.

Wrestling hogs up the chute and closing the trailer door behind 24 head of them should be something considered by the International Olympic Committee as a new world

competition.

When summer arrives farmers are out on the hay racks loading bales. That mostly makes for strong backs, arms, thighs, backsides and smell, all in one efficient outdoor workout.

Soon fall is here and they're out weaning calves. Separating moms from their babies is risky business and one needs to be able to escape and scramble up a fence in short order.

And with the coming of fall comes the crowned jewel — harvest. Farmers climb up and down their combines, tractors, wagons and semi trucks a billion times each season. We have a cab-over truck that always tests my skills. I pray a "Hail Mary" for the upper arm strength to hoist myself up into the truck and pray that the rest of me follows. Our guys just climb in.

It's really annoying.

Changing tractor and semi tires is also an all-over workout, even with long socket wrenches and power tools that try to keep the job from seeming like hand-to-hand combat. It explains why our local tire repair service guy eats like he does. He needs the carbs just so his pants will stay up when he coughs. It's that physical.

A lot can be accomplished in the great outdoors. For farmers, it's where family ties begin, and are secured. And farmers wouldn't want to do those things anywhere else.



A private prairie in south Ames undergoes a controlled burn to enrich the soil and eliminate invasive species. Photo by Ronna Lawless/
Nevada Journal

From fire to flowers, the resurrection of Iowa's prairies

BY RONNA LAWLESS
Nevada Journal

Tallgrass prairie once covered more than 140 million acres of the United States, and Iowa was the state with the largest proportion of it. Before Iowa was settled, approximately 30 million of its 36 million acres were prairie, according to Silos

and Smokestacks Natural Heritage Area. Today, 99.9 percent of that historic natural landscape is gone, plowed under for farmland and urban development.

But prairies are making a comeback, large and small, across the state as Iowans become aware of the benefits the ecosystem can have: healthy soils, clean water, wildlife habitat, biodiversity and beautification.

As lovely as the colorful blossoms and swaying grasses of a prairie area can be, also important is what's going on under the soil. A densely tangled, deep root system offers protection against erosion. Each year some of the roots die, and the decomposing material creates large quantities of organic matter, making the soil richer and more fertile. Strategic use of prairie can act as a buffer, slowing

runoff and lessening the severity of flooding.

"We're starting to pay more attention to our soil and water in Iowa," said Joe Kooiker, natural resource biologist for Story County Conservation. "Because of that, we're seeing more people interested in converting some of their land to native plants."

See PRAIRIES, page 8

PRAIRIE Continued from page 7

Native plants in prairie ecosystems are well adapted to local conditions. As a result, they are better equipped to survive Iowa's cold winters, hot summers and windy conditions. They are also resistant to insects and diseases. Once established, prairies require little or no irrigation or fertilization.

Many species of wildlife benefit from Iowans' growing fondness for prairies. The native

plants attract butterflies by offering nectar. They also act as host plants for caterpillars; most famously the reestablishment of milk weed is having a positive impact on the monarch population, which was seeing an alarming decrease in numbers in recent years. Prairies are also an important habitat for bees, which are also suffering from a decrease in population and are pollinators crucial to our food supply.

Pheasants are big beneficiaries

of increased prairie acres. "Over 1,000 acres of CRP are going back in Story County," Kooiker said. The Conservation Reserve Program, or CRP, pays yearly rent to farmers who remove environmentally sensitive land from crop production and plant species that will improve environmental quality.

"Pheasant population mimics the amount of land in CRP," Kooiker said. "Pheasants need habitat for nesting and these native areas provide that. If

we want a good pheasant population in Iowa, it's all about habitat."

The Story County chapter of Pheasants Forever is a key ally for farmers looking at converting land to CRP, Kooiker said. "Farmers can go through them to get seed and get a heck of a discount," he said. "Since Pheasants Forever buys thousands of pounds of seed at a time statewide, they get a great price on it, and they pass that savings along to farmers."



Purple coneflowers and tallgrasses grow in a private backyard prairie in south Ames. Photo by Ronna Lawless/Nevada Journal

Kooiker pointed out that local seed vendors are given the opportunity to bid on supplying that seed.

Prairie isn't just for vast acres of farmland, however. Beautification is a big draw for the resurrection of prairies in private yards around Story County. A blend of native species can give a prairie a variety of color all season, as one species will begin to bloom as another starts to fade.

"In a local ecotype like remnant prairies in Story County, native coneflowers bloom for about a week and a half," Kooiker said. "But then a different type of species is ready to bloom." A diverse mix of native plants is part of what makes a prairie successful, he said.

Kooiker and his Integrated Roadside Vegetation Management (IRVM) team know what it takes to make a prairie successful. When Story County first adopted the IRVM program in 1987, it took a new approach to roadside management. That approach involved planting native species along roadsides and on county property.

Used in many states throughout the country, the IRVM program distributes more native seed per year than any other

program nationally, according to Tallgrass Prairie Center at the University of Iowa. Under Kooiker's enthusiastic leadership, Story County has seen much success from its IRVM techniques.

Kooiker and his team harvest seeds from Story County prairies, some of them owned by the county and some by private landowners who want to further the county's efforts.

"We harvest every month as different species go to seed because we don't want to miss some of the 48-80 species we have," Kooiker said. Then in the fall, the bulk of seeds are harvested. "The county could never afford all of the cultivars we are able to have by harvesting it ourselves, and 99 percent of them are local species."

Burning is another key to maintaining a healthy prairie. "Native plants evolved with fire," Kooiker said. "One of the things fire does to a native plant community is help keep out the invasive species."

Invasive species tend to grow earlier in the year, Kooiker said, so a prairie burn gets rid of those unwanted species and woody vegetation and gives newly sprouting native plants more sunlight.

The blackened earth created by the burn also adds heat to the soil to aid the prairie plants' growth. And the nutrients from the ashes soak into the soil, nourishing the plants.

"The timing of a burn is very important," Kooiker said. "There's no recipe book for it. You have to look at what species you have." He said a complete burn isn't always necessary; sometimes a mosaic burn is preferable.

Kooiker points out that even small tracts of prairie can help native plants and animals thrive. He lends his expertise to people who need advice about their prairies. "Every day, I talk to people about how to establish and manage a native prairie," he said.

The IRVM department also has equipment available to assist prairie owners, whether it's for 40 acres or a patch in the back yard. Equipment available for rent includes: 6-foot, 8-foot and 10-foot seed drills; three-point broadcast seeder; culti-packers; disk hand-held seeder; and spike-tooth harrow. For prairie planting and management advice or for rental information, contact the IRVM at 515-382-7367.

A controlled prairie fire in Ames burns in a mosaic pattern.
Photo by Ronna Lawless/
Nevada Journal

Meet your money goals this summer with a financial plan

It is almost time for the summer shift to a little different routine. This could be an excellent time to shift some of your attention to your financial plan. Do you have a financial plan? Some people think that financial planning is just for the wealthy. I say financial planning is for everyone. Financial planning can help you avoid mistakes and create financial success.

Here are four ideas to get you started

Create Your Spending Plan

How much do you earn? What is the amount of your paycheck or direct deposit? This is the amount you can spend.

What are your expenses? Record your expenses. Just the facts -don't judge your spending habits as you record.

Compare income and expenses; it may seem unnecessary to say that you want to spend less than you earn, but unfortunately many of us do spend more than we earn. When you use credit cards or take loans for items your income doesn't cover you are really spending money that you will have to earn in the future.

If you find that you are spending more than you earn.....now is the time to judge how you spend your money. Determine expenses that you will limit or eliminate.

Cultivate Self Discipline
This means learning to say no to your wants. Most of us have at least two voices that talk to us about money decisions. One voice may say, "You work hard, and deserve _____." You fill in the blank." Your practical voice may say, "I can't afford it."

And the I deserve it voice will assure you that you do deserve whatever "it" is.

Cue yourself in to respond: I could buy it but I chose not to spend more than I earn.

Define Your Goals

This step is imperative. There is no reason to follow a spending plan or practice self discipline if you have no goals. Set SMART goals.

Specific: Clearly define your goals.

Measurable: Set a standard to know what you need to do to achieve your goal.

Achievable: Is it reasonable to think you can achieve this goal?

Relevant: Is your goal important to you or is it a goal you have been told you should care about?

Time Bound: Define the end date. Write your action plan; break your action plan into 5-8 date specific steps.

You Don't Have to Do This Alone

If creating a financial plan seems a good idea but is a bit

overwhelming seek help. You can get information from the internet, a blog, books, financial publications, friends, and family. All these sources are inexpensive and easy to access. This kind of information may not always fit your situation; review carefully and find out what is true and relevant for you.

Value yourself enough to seek professional help, contact a certified financial planner. If you are considering an appointment with a financial planner here are some questions to ask:

Is there a cost for the initial meeting?

What are the advisor's credentials?

Do an online search for certifications and criteria.

How does the advisor charge?

Financial success is more than the amount of money you make; it is about the amount of life you live. Because life is more than money.



KAREN
PETERSEN

Karen L Petersen CFP® CDEA™ is a fee based financial advisor. You can contact her at 2613 Northridge Parkway #102 Ames, IA 50010 515 232 2785 or karen@mymorethanmoney.net

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The exuberance of spring takes its toll on the gardener's wallet

BY ADRIAN HIGGINS
Washington Post

I was ambling along the back roads that crisscross the Mason-Dixon line the other day and chanced on an alluring mom-and-pop garden center on the Pennsylvania side. I needed a bag of soil mix for seeding, so in I went.

But I left with more than the bag of soil. My cache included four bags of onion bulbs — maybe 800 in all — three pounds of a seed potato named Katahdin and another three-pound bag of French fingerling potatoes.

I don't know where these would go — my veggie plot is too small to turn into a potato field — but when I go into a garden center in early spring, I cannot be responsible for my actions. My mind is controlled by plant fairies. They have a way, the fairies, of knowing my weaknesses and positioning delectations strategically in view. These may be seed packets or bags of potatoes or raspberry canes. Their mischief knows no bounds.

As someone who has railed against impulse-purchasing, this is a hypocritical lapse, I know. But the fairies have a way of bringing rationality to the behavior.

The potatoes were unbelievably inexpensive: \$2.10 for the Katahdin and \$11 for the fingerlings. From a fancy seed catalogue, you might pay \$14 for such a quantity of Katahdin, a classic, late-season storage spud, and \$47 for gourmet fingerlings. Then add to the catalogue order the shipping, not to mention the handling.

Also, the nice woman behind the counter

must have sensed my inner turmoil because she said that if I didn't have room to plant the potatoes, I could eat them. Who could say fairer than that?

The potato- and onion-buying impulse is just a part of it. A couple of weeks ago, I bought some gladiolus bulbs with the vague thought that they might end up in a container somewhere. I also bought some parsnip seeds even though I'd already got some a month earlier. While I was buying more parsnip seeds, I acquired some sunflower seeds. The only bed I might have for sunflower seeds is reserved for dahlias. Soon I will make my annual pilgrimage to an herb nursery. The plant fairies have marked the date.

Fortunately, this mind-bending seems to occur only in the early spring, and it is tied up with an irrational exuberance at seeing the natural world come to life, the moment captured by the poet John Clare: "The happy time of singing birds is come."

An apple tree in April that has just hatched its first leaf is somehow more powerful than in May, when the foliage is fully grown. Gardeners in early spring are wired to see the drama of a breaking bud, just as they are willing to yield to mysterious impulses before the seed rack.

This has to do with the idea that all the disasters of prior years are somehow forgotten in early April, when everything is pristine and everything is possible. No matter how many seasons the gardener has seen come and go, this is the time when young life chases away everything that is past or moribund.

This year's fresh start is amplified by the misery of the last growing season, when a

cold, wet spring was capped with a flood followed by a drought. In my garden, the only redeemed part of the year was in the fall, with a late sowing of kale, collards and hardy greens.

The consensus among gardeners in the community plot is that this year will not be a repeat of last, because last year was so singularly awful. The pea shoots and tiny lettuce seedlings breaking through the soil are testaments to the future. But winter dies slowly.

This week's cold nights are a reminder that although it's all right to listen to the spring fairies when it comes to buying, it's not for planting. Just because certain veggies and flowers are available for sale at garden centers and mass merchandisers, it's not fine to plant them. To see tender basil and tomato transplants on the retail racks while the calendar still says March is a bit much. If you have bought them, keep them in a sheltered spot until the end of the month, and bring them indoors when nights go below 50 degrees.

Even cool-season transplants such as broccoli, cabbages and cauliflowers need to be eased into the exposures of the garden, and you can't count on them being garden-ready when you buy them.

Four elements conspire to do them in, or at least set them back: the wind, the sun, and, paradoxically, the heat and the cold. They should be placed outdoors in a shaded, sheltered spot for at least a week, covered at night when it gets cold (newspapers are fine) and kept watered. It is best to plant them on a gray or rainy day, or at least late in the day. This is a chore you must do yourself, because when it comes to actual work, the spring fairies are nowhere to be seen.



Be a Positive Role Model

Allen Bierbaum and his daughter Samantha are training to run the 5K at Midnight Madness. Photo by Kecia Place-Fencl/ Contributing Writer

BY KECIA PLACE-FENCL
Contributing Writer

Kids are like sponges. They observe much of what we do as adults, both in a positive and negative manner. We hope they soak in the positive observations, try to emulate our actions and grow in the process. This is why it is critical to be positive role models for all kids, even if they aren't our own.

Adults can lead by example by living an active and healthy

lifestyle. When we take care of ourselves by intentionally scheduling our workouts, eating healthy, and getting adequate sleep, kids notice how much happier and healthier we are. It becomes ingrained in them, and they learn to develop similar lifestyle habits.

WHAT ARE SOME WAYS WE CAN BE POSITIVE ROLE MODELS FOR KIDS?

■ Strong mindset

People of every age, gender, race, ethnicity and socioeconomic

status are influenced by what society deems as the perfect body image. If you are exercising from the mindset that you want to be skinny, you are sending the wrong message to kids around you. Exercise from the mindset that you are strong. You are fierce. You are a fighter. You don't give up on your hopes and dreams. You believe in yourself, maybe even when nobody else does.

■ Exercise with your kids

The City of Ames Parks and Recreation has a couple of options

You are strong. You are fierce. You are a fighter. You don't give up on your hopes and dreams.

for adults and youth to exercise side by side this summer. Join the City of Ames Parks and Recreation 5K training program to prepare you and your child to run the 5K at Midnight Madness held on July 9 in Ames. The program meets at 5:30 p.m. on Tuesdays and Thursdays starting on Thursday, June 2 at the community center. The training program lasts almost six weeks, and during that time runners will slowly increase running mileage and duration, while running at various locations around Ames. Participants will also learn other aspects of a healthy lifestyle, such as recovery, hydration, injury prevention and technique. Registration for this program can be done in person at the community center, online at <https://coaweb3.ci.ames.ia.us/wbwsc/webtrac.wsc/splash.html> or by calling 515-239-5350. Have you ever wanted to try yoga? Yoga in the Park is the perfect opportunity for adults and youth to try yoga for free! Come to Bandshell Park in Ames on Saturday, June 4 at 10 a.m. for the first Yoga in the Park experience of 2016. Bring your son/daughter, a mat for each of you, and an open mind. Yoga in the Park will be held at Bandshell Park every Saturday morning at 10 a.m. through the summer. With different instructors each week, you won't have the same

experience twice!

■ Bicycle safety

When you are riding your bicycle, be a positive role model; wear a helmet, use hand signals and leave the headphones at home. Wearing headphones while riding hinders what you can hear around you, making it difficult to hear other people, emergency vehicles, etc. You have no idea what other people might do, how they might react to a given situation or what pothole might be around the next corner. You never know when an accident might happen; that is why they are called accidents. We can't always prevent accidents, but we can be safer when they occur. If kids are old enough to ride a bike, they are also old enough to learn to use hand signals. Using hand signals is an excellent habit, which informs those around you of your intentions (right hand turn, left hand turn, stop).

■ Water safety

Whether you are in a canoe, kayak, or simply on the water to have fun, wear your personal flotation device (PFD). There are so many possible ways an accident can happen on the water, so be proactive and be a positive role model for the kids around you. Be mindful of changing water conditions such as rising water levels and the potential for severe weather. You can never be too safe around water.

■ Go on an outdoor adventure together

Pack some healthy snacks for a picnic and go to a local park that you haven't experienced before. Spring is an excellent time for a hike in the woods, a bicycle ride on the trails, or exploring a new playground.

With lots of wonderful outdoor activities in central Iowa, get outside, enjoy the

weather, and try a new activity, but always be mindful of those younger eyes who may be watching and soaking up your every move. They want to be just like you, so always think about how can you be a positive role model for them while living an active and healthy lifestyle!

**Before you begin any exercise routine, you should consult your doctor.

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Thanks to its strong architectural form, a lone century plant looks exotic. Photo by Jan Riegenbach/Contributing writer

TOP TEN

Reasons to let your
garden go to pots

Visitors come flying | Spice things up | Be an artist
 Make your place exotic | No rain dances | A zone of its own | No hare scare
 Foil soil spoilers | Seek sun spots | Forget failure

GARDENING

BY JAN RIGGENBACH
 Contributing Writer

Gardening in pots long ago passed the point of being a fad. Today, it's earned that status of a full-fledged trend that shows no signs of slowing down. Why is this so? Because containers are fun, easy and attractive, of course. And for a lot of other reasons, too.

Here are my top 10:

- Visitors come flying. You can get to know butterflies and hummingbirds up close and personal with a container filled with flowering plants on the deck or patio. Lantana, for example, is a beautiful, easy-to-grow plant adored by butterflies. Blooming salvias are a sure draw for hummingbirds.

- Spice things up. A container filled with herbs right outside the kitchen door requires only a quick dash to snip some fresh parsley, sage, thyme or basil.

- Can make your place exotic. A pot can showcase a single plant that has a strong architectural form, such as a century plant, yucca, cordyline or elephant's ear.

- Be an artist. Whether you choose to mix beautiful plants in a large container or group smaller pots of individual plants, with plants as your medium it doesn't matter whether you can paint or draw.

- No rain dances. If the summer happens to be hot and dry, it's easier to keep a container lush than it is to soak an entire garden. That could be critical where water is rationed.

- A zone of its own. With containers on the porch, deck, or flat roof, you can garden even if you have no yard at all.

- No hare scare. If rabbits are a problem in your yard, you can grow their favorite plants out of reach. At my house, it's the only way I can grow Mona Lavender plectranthus, a plant I adore for its lavender flower spikes and dark-green leaves with purple undersides.

- Foil soil spoilers. With fresh soil in a container, you can avoid problems like overwintering fungus disease that threatens tomato plants or a soil too alkaline to grow blueberries. I grow my tomato plants in containers for another reason: to keep out the roots of black walnut trees, which can destroy tomato plants.

- Seek sun spots. If your yard is mostly shady, you can make the most of what sun you have by rolling your containers as needed to follow the sun. This is especially important if you want to grow sun-dependent edibles.

- And the number one reason containers are popular: Forget failure. If it doesn't work out the way you planned, you can hide a pot in the backyard or simply redo it. It's a lot easier to change one container than a whole landscape.

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Person to Person:

The fine art of doing nothing will help reverse burnout

BY JUDI LIGHT HOPSON, EMMA H. HOPSON AND TED HAGEN
Tribune News Service

Do you feel guilty and highly uncomfortable when you do absolutely nothing? Maybe you fidget and squirm, looking for your smartphone to scan for incoming text messages. Or, do you itch to check your email?

Learning to relax is not that simple. Most of us stay so busy, pushing our stressful emotions to the background, that working on our relaxation techniques will create anxiety at first!

"When I started taking 30 minutes a day to sit in my recliner, I actually felt worse in the beginning!" says a banking executive we'll call Ralph. "All of my fears, problems, and personal issues started jumping into my brain."

Those of us who feel heavy and bogged down are suffering from emotional burnout, most likely. We've worked, planned, fretted, stayed up late, and gotten up early so long, our mental health is crying out for some relief.

Being in a burnout stage means it takes more and more energy to keep up our lifestyles. We never

feel energized.

These tips can help you back away from overall burnout:

- Practice doing absolutely nothing in small increments. Take actual breaks from work throughout the day. Or, sit on your patio at home for 20 minutes just taking in the view.

- Start giving something back to yourself. Would you enjoy reading a magazine centered on one of your hobbies? Or, would you enjoy taking a drive in the country?

- Try to obtain "closure" on past problems. Maybe one of your businesses failed, or perhaps you've come out of a bad relationship or marriage. Staying busy is a way to avoid dealing with these issues. Get with someone you trust and talk out this kind of pain. This way, you can relax more readily.

"I literally drain myself with compulsive busyness and making to-do lists," says a pharmacist we'll call Alex. "I only work 40 hours a week, but I've killed three marriages! I cannot relax and just enjoy being alive."

Alex says he was raised to keep busy and work hard. When he gets home from work, he has real trouble kicking back to relax.

He does admit, however, that he "drags through life" and feels overwhelmed.

"When I was a young newlywed at 28, I could get up at six, go to work, clean and cook, and find time to watch a movie three nights a week," says a nurse we'll call Evelyn. "But now, at 56, I can't find the energy to do my laundry or clean my house at all. I worry about my six grandkids, the upcoming presidential election, you-name-it. I am so tense, others can feel it. I went for a massage at the spa, and I was so tense, I think I crippled the massage therapist's hands!"

Think of your brain as a computer that needs to defrag. A busy mind is scattered. It burns energy to keep worrying about 20 things on 20 different tracks.

"I knew I was cooling my burnout when I caught up my messy house by noon one Saturday," says a friend of ours we'll call Janice. "I had rested a lot the prior week, and I got up at 7 a.m. on this particular Saturday and sailed through my chores. Once I took a shower, I felt like taking a long walk. I was really surprised when I didn't feel tired when I went to bed that night. I slept like a baby."

Spring color update

It's time for an update on spring colors from the color experts at the Pantone Color Institute. Look for a soft palette that encourages us to relax and escape technology. What better way to move into the warm seasons and the outdoor activities they hold.

Just listen to the names — rose quartz, peach echo, serenity, snorkel blue, buttercup, limpet shell, lilac gray, fiesta, iced coffee, green flash — you can imagine most of them from the names. They are mostly soft pastels with a few vivid brights in colors both guys and gals can wear. Go to www.pantone.com for lots more information including fashion influencers' opinions on the trends.

Then move into hair fashion with L'Oreal Professionnel. Color trends include silver grey, pastel blonde, copper contouring, babylights and balayage. Long hair still dominates the looks but there are medium and short lengths for those who look best in them.

The best thing new from L'Oreal is a free app called Style My Hair where you can take a selfie and then try on a style and/or a color.

It's so cool! There's a tutorial to show you how to use it.

And even though there are no salons using L'Oreal Professionnel color in our



MARY CLARE
LOKKEN

zip code, your professional stylist will know how to create these looks and colors in the brand they uses. The Get Inspired tab is full of ideas.

Makeup for spring matches the clothing colors with soft tones including pale pinks and beiges. Bare Mineral is available online and at It's All About Me and PCI Academy in Ames. Besides their famous makeup their latest venture includes a skin care line. Check out the details at www.bareescentuals.com.

After years of being the original healthy loose makeup line, Bare Minerals developed a clean, sheer foundation applied with the pocket brush. It's so easy and so beautiful.

Shellac used to be the stuff your dad put on a wood surface to protect it. Well now it's what you put on your nails to last two weeks. I am addicted! CND makes one version and uses a light to cure it. The times have gotten faster and removal has gotten easier and less damaging to your nails.

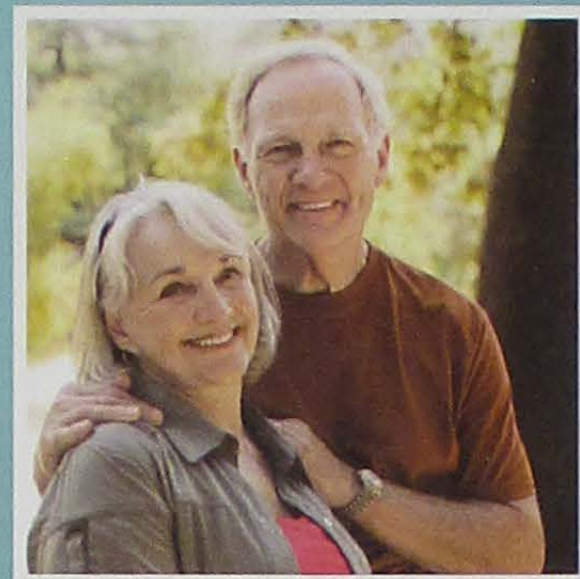
Speaking as one who has terrible natural nails and who used to wear tips and overlays to try to have pretty nails I now swear by Shellac. The colors for spring are pale and bright as opposed to the deep shades of winter. I will switch to my spring/summer shade next time I visit the salon.

Many of the professional hair, skin and nail lines have their own apps now and all of them have websites. Most fashion magazines have websites and some have apps. It's so much easier and free.

Finally, check out StyleSeat another free app but this one is close to home. You can find individual professionals marketing their work here. Salons and stylists show their work, their schedules, allow online booking, sell their retail, etc. It has expanded tremendously since it started just over a year ago.

One last thing, this issue of FACETS is about the outdoors. For your fashion looks that means protection from sun and wind and hot tools. Most of the top salon brands have "beach" product names for summer already on the shelves and the change in hair color for a summer of fun. As always, ask your professional stylist.

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How to help girls build a positive body image

BY KATIE HURLEY
Special to the Washington Post

"Hello, I'm a fat person, fat, fat, fat." Taken out of context, these words, from the mouth of a 6-year-old female toy tester at the Mattel headquarters, are a bit jarring. They are the kind of words you hope your child won't use out in the world. They are words laced with hurt and judgment.

For her Time cover story on the new and improved Barbie, Eliana Dockterman observed young girls at play with the new dolls. While the first child referenced was

direct with her body comments, another girl attempted to spare the feelings of the doll by spelling out the word, "F-A-T."

How do very young children learn to judge others by the shapes and sizes of their bodies? Unfortunately, there isn't a simple answer. Between subtle messages in the home, the influence of media, peer interactions and the shrinking of childhood (many girls are growing up quickly these days), young girls consume and internalize countless messages about body image every single day.

Many parents know to be careful about the words they use when discussing their own bodies. We know, for example, that

saying things like, "I feel fat today" or "do I look fat in these jeans?" sends harmful messages to young girls. Parents avoid those overt statements and replace them with comments about physical strength in an effort to teach young girls body confidence. But what about the more subtle statements that sometimes slip through the cracks?

Standing in line at Gap not long ago, I witnessed a mother-daughter conversation that sent a subtle, but powerful message about body image. A young girl, about 6 years old, ran up to her mother with a pair of winter gloves in her hands. "I found some but I don't like them that much," she

stated, in that matter-of-fact tone kids of that age often use. "They make my fingers look too skinny." She looked up at her mom for confirmation. Her mother's response took me by surprise. "That's better than looking fat," she uttered, without missing a beat.

Perhaps it was an isolated incident. We've all experienced impatient moments and bad days and sometimes we respond before we consider the potential impact of the response. But what if it wasn't an isolated incident? What if that message was one of many?

For years I worked with a young girl who struggled with body image, self-esteem and anxiety. Her home life was defined by a seemingly endless discussion on weight gain, weight loss, exercise and fad diets.

Ever on a quest to find the perfect diet, her mother constantly removed foods from the house and talked obsessively about calories, sugars and "bad" foods. Don't get me wrong; her mother had good intentions. Maintaining a healthy weight was a lifelong struggle for her, and she wanted to make the challenge easier for her daughter.

The body and diet talk was overwhelming for this young girl, however, and she developed her own coping strategy to combat the negative emotions she experienced almost daily: sneak eating. She saved her coins to purchase snacks from the school vending machine and ate them in the dark of night. In doing so, she lived up to her own carefully constructed self-fulfilling prophecy: a young girl powerless over the lure of junk food.

Recent findings show that kids as young as 32 months pick up on fat shaming attitudes of their moms, and a report released by Common Sense Media reveals that half of girls and one third of boys between 6 and 8 think their ideal weight is thinner than their current size. It's time to consider how we talk to kids about body image.

It's easy to set a few rules around body talk, including removing "fat" from your vocabulary and not commenting on the size or shape of someone else's body. Where it gets complicated, however, is when your daughter comes home with difficult questions. "Am I fat?" or "will I get fat if I eat this?" speak volumes about the inner struggle of a young child.

"I have always felt that the most important thing a parent can do is to be honest," explains Natterson. "But when there is an issue — particularly around weight — it can be incredibly

difficult to walk the fine line between protecting your child and being truthful."

How should parents handle questions and concerns about body image? Start here:

■ Answer the question with a question

Natterson suggests using conversation starters to help children uncover the feelings beneath the surface. She suggests, "What makes you ask that question?" as a starting point. "This is seriously the BEST answer because it allows your child to explain where the concern is coming from," Natterson explains.

It's important to keep the dialogue open. When we jump in with solutions to "fix" the problem, we close down the conversation. To help young girls work through these difficult topics and overwhelming emotions, we need to listen more than we talk.

■ Watch your words

Words like "fat" and "chubby" are sometimes used in jest to describe animals in books, toys or other fictional characters. While that seems harmless in the moment, it can send mixed messages. Sometimes the subtle messages internalized early on can lead to negative thinking later on.

Emily Roberts, psychotherapist and author of *Express Yourself: A Teen Girl's Guide to Speaking Up and Being Who You Are*, cautions parents to choose their words carefully. "Don't fat shame, weight shame or categorize others by their weight," says Roberts, "This sends the message that their weight is what you see, not their character."

■ Talk about strengths

Children need to feel heard and understood. To that end, it's important to listen to your daughter's concerns about body image. Empathize with her and talk about what it feels like to struggle with the emotional and physical changes that naturally occur as children grow. Then steer the conversation toward the positive.

It is imperative that young girls hear body positive messages. Talk about physical strength and what their bodies can do for them (hanging from those monkey bars isn't easy, after all). Educate them about healthy eating and playful exercise. Cook meals together and help your daughters take control of their own health so that will internalize a positive message: They have the power to live healthy and happy lives. That's a message worth sharing.



See live ants dig tunnels, build bridges, and move mountains (little ones) with this ant farm. Photo by Handout/TNS

Parents @ Play: Seeing and doing science

BY ARMIN BROTT AND
SAMANTHA FEUSS
Tribune News Service

Scientists work in a variety of ways. One is by designing and conducting experiments, essentially saying, “Hey, I wonder what would happen if we did x, y, or z.” Another is to simply watch, as if to say, “Let’s look closely at all those stars and other bright things in the night sky and try to figure out whether the sun revolves around the earth or vice versa.” This week we honor both approaches: the hands-on science that we do, and the hands-off science that we observe.

Ant Farms (Uncle Milton)

Uncle Milton has been making ant farms for decades (in fact, they just celebrated their 60th ANT-iversary!). Over the years, ant-farming technology has changed and so have designs and materials. But what’s stayed remarkably consistent is how fascinating it is to watch these tiny animals dig tunnels, build bridges, and move mountains (little ones). The inhabitants of the original ant farms did their digging in sand. Their descendants can go old school with sand or dig in a nutrient-rich gel that eliminates the need for feeding and watering. Whichever way you go, you and your kids will have a wonderful — and very educational — time observing. And in case you’re worried, all

the farms are break resistant and escape-proof. Under \$20. For ages six and up. <http://unclemilton.com/>

Triassic Triops (Toyops)

Remember Sea Monkeys — those tiny creatures that almost miraculously came to life when you dropped their dried out little bodies into water? Well, Triops are similar, in that you reanimate them the same way. But these bad boys could eat your Sea Monkeys for lunch — quite literally. Relatively speaking, they’re enormous — easily reaching 2-3 inches. What’s especially cool about Triops is that the ones you get in your kit are identical to the ones that lived millions of years ago. They thrived and reproduced in wet climates, but went into a state of suspended animation (called “diapause”) when droughts came. Now you can revive them, just like Dr. Frankenstein — just be sure to follow the directions carefully (especially the water you use). Triops look positively pre-historic and are eerily engaging to watch. For ages 8 and up. Prices vary. <http://www.toyops.com/>

Science X Smart Scope (Ravensburger)

Want to get a closer look at your ants, Sea Monkeys, or Triops? Smart Scope is for you. Just collect your specimen — which could be pretty much anything from water to rocks, feathers to insects, and slip it into the housing. Now here’s where it gets fun: put your smartphone or tablet on top of

the housing and it becomes a digital microscope — without using an app (yay!). You can simply observe or, better yet, you can use your device’s camera to capture amazing images. For ages 8 and up. About \$45. <https://www.ravensburger.com>

Ultimate Secret Formula Lab (Smart Lab)

Hydraulics and fluid dynamics are all the rage this year, and this kit makes what could be complicated concepts accessible and fun. It includes a base station, test tubes, valves, plungers, petri dishes, clips, beakers, and enough chemicals to conduct 40 experiments that fizz, change color, disappear, crystalize, and defy gravity (clear, detailed instructions are included too). A delightful way to combine doing and observing. For ages 8 and up (adult supervision definitely recommended). Under \$40. <http://www.smartlabtoys.com/>

MC2 (squared) Soda Pop Science Kit (Alex Brands)

After a long day of doing and observing science, you’re going to be thirsty. Why go out when you and your budding lab rat can whip up your own scientifically delicious fizzy sodas? This kit comes with citric acid, baking soda, some artificial flavoring, a couple of test tubes, and instructions for making lime, fruit punch, and cinnamon drinks. Ages 8 and up (adult supervision suggested). Around \$16 at your favorite retailer.

Birds and Bees

A choral celebration of "Birds and Bees" will be coming to St Andrews Lutheran Church on Sunday, May 8th at 7:00pm. Tickets are \$12 in advance, available at Gallery 319 on Main Street and Good Company members, or \$15 at the door. The Birds are back and the Bees are buzzing with Love in the air. Come join us for the awakening of Spring.

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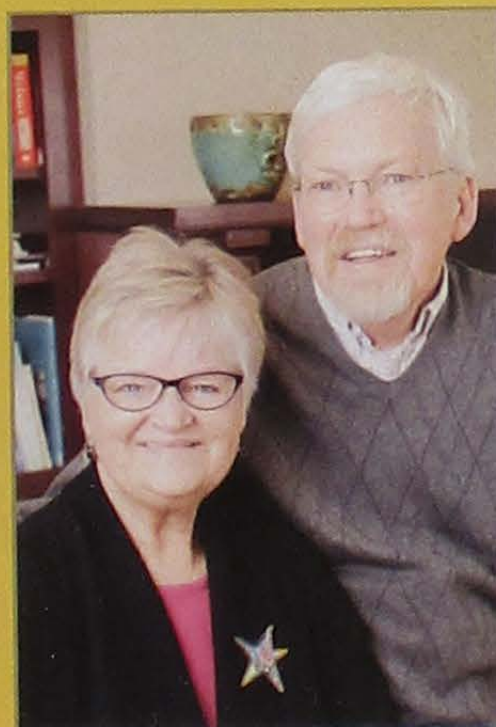
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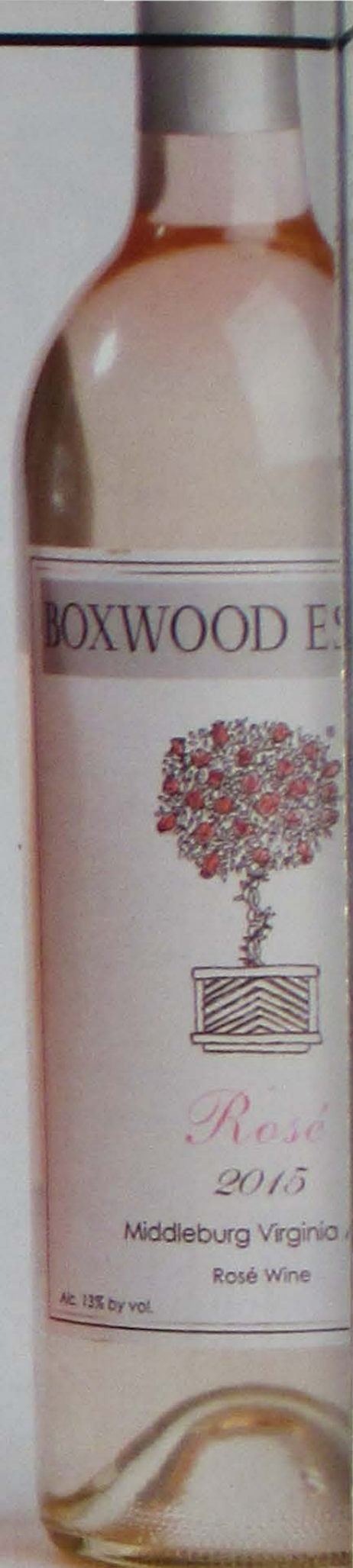
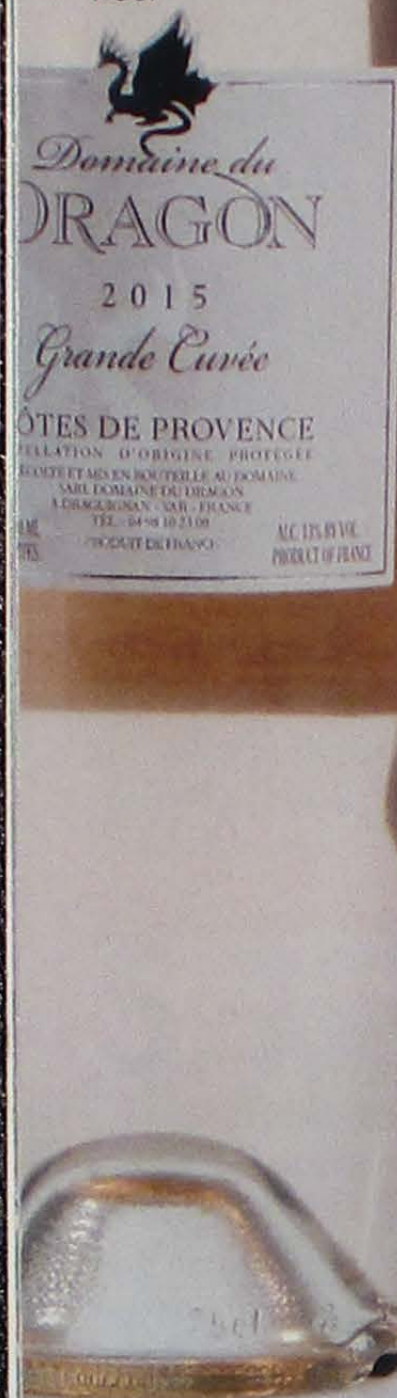
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Rose is a seasonal wine, appreciated for its freshness. Photo by Deb Lindsey/Washington Post



Rosé may be a casual quaff, but vintage still matters

BY DAVE MCINTYRE
Special to the Washington Post

Visit your local wine store now, and you might hear "La Vie en Rose" over the sound system. Displays that featured cabernet sauvignon a few

weeks ago have given over to pink bouquets of rosés to mark the change of seasons. Cherry trees and magnolias are in bloom, our spirits and palates brighten, and these cheerful wines help us welcome the Earth's tilt toward the sun.

Don't be surprised if you see more

rosés than before on your favorite store's shelves. Sales have exploded as consumers have abandoned their fear of pink and embraced these refreshing wines of spring and summer.

Provence, in southern France, is considered the homeland of rosé. Every time

I drink a bottle of Provence rosé (and I have been known to bogart them), I think back to my only visit to the region, 19 years ago: the wonderful food, the bustling markets, the lavender, the salty tang of the Mediterranean air. I recall the beautiful hill towns, such as Les Arcs, where we were run off by an angry mob after unknowingly driving through the square on market day. (Our guidebook had described Les Arcs as "a charming town of friendly vigneronns.") And about halfway through the bottle, I think of my wife surveying the beach at Nice and exclaiming, "There's a naked woman sunbathing over there! Dave, don't look!"

I must not be the only one with such dreams of Provence. For 12 years, the region's rosé exports to the United States have risen by double digits, according to the Wines of Provence trade association. Last

year, they surged 58 percent in volume over 2014 - and those figures don't include rosés from other regions or countries.

Rosé sales in restaurants also have been on the rise, especially in French restaurants that indulge our travel dreams.

"Ten years ago, we used to sell three cases of rosé a month. But now we sell 30," says Yannis Felix, co-owner of Bistrot Du Coin in Washington.

There's a definite consumer preference for Provence rosé, while others take effort to sell, he says. "Anyone who looks for rosé will want one from Provence, but if you like rosé and I tell you I have a good one from Bordeaux, I have a good chance to sell you a glass."

Rosé is a seasonal wine, appreciated for its freshness, and we favor the most recent vintage. That means we'll be

unfairly dismissing the 2014s that remain in our cellars or on retail shelves and restaurant lists. Rosé often improves for a year or two, so don't count out any 2014s you may have on hand. If you still have 2013s, try them now, but have a younger backup on hand.

Vintage does matter, even for a casual sipping wine such as rosé. Last year was beautiful throughout France and much of Europe, with warm, dry conditions leading to an early, ripe harvest. That was great for Bordeaux and Burgundy, as well as for cooler areas in the Loire Valley and Alsace. But in Provence, such a vintage is a mixed bag for rosé. That's because grapes for rosé are picked earlier than grapes for bigger red wines, when acid is higher relative to sugar. In an "early" vintage such as the 2015, the amount of sugar in the grapes can increase earlier than normal,

and when vigneronns aren't careful (if they're distracted by chasing clueless American tourists out of town, for example), the grapes can get too ripe.

Many of the 2015 rosés I've tasted from Provence and other regions of southern France show a bit of uncharacteristic sweetness, a trait of the ripe vintage. That may be a good selling point in the American market. But although the best wines have enough acidity to keep the sugar in balance, I've tasted several — including some of my traditional favorites — that are downright flabby and undrinkable.

That's a caveat, not a warning. After all, there are delicious pink wines made all around the world. Pour a rosé you like, shed the cares of the day and consider your true priorities under the setting sun.



DINNER IN 25 MINUTES:

American Dip Grilled Cheese

BY BONNIE BENWICK | Washington Post

AMERICAN DIP GRILLED CHEESE

2 servings

A good roast beef sandwich is not so easy to come by these days — and this one really spoke to us, with an exterior crisped in golden chive butter; an interior with gooey cheese and thinly sliced, tender potatoes; and a creamy sauce (the "dip") with the zing of horseradish.

We recommend using the optional garlic powder on the potatoes.

Serve with a salad of peppery greens.

Adapted from "Grilled Cheese Kitchen," by Heidi Gibson with Nate Pollak (Chronicle, 2016).

Ingredients

2 small Yukon Gold potatoes

1 teaspoon olive oil

Kosher salt

Freshly ground black pepper

Granulated garlic powder (optional)

8 fresh chive stems

2 tablespoons salted butter, at room temperature

1/4 cup crème fraîche or sour cream

2 tablespoons prepared white horseradish

4 slices rustic artisan bread, such as levain or sourdough

4 slices Colby Jack or Monterey Jack cheese

6 ounces thinly sliced roast beef

Steps

Preheat the oven to 425 degrees. Line a baking sheet with aluminum foil.

Scrub the potatoes well, then cut them into 1/4-inch slices, letting them fall into a bowl as you work. Add the oil, and season lightly with salt and pepper and the garlic powder, if using; toss to coat evenly, then spread the potato slices on the baking sheet. Roast for about 15 minutes, until they are browned in spots and cooked through.

Meanwhile, mince the chives and combine half of them in a small bowl with the butter; stir until well blended. Combine the remaining chives, the crème fraîche or sour cream and the horseradish in a separate small bowl; whisk together until fairly smooth.

Heat a cast-iron or nonstick skillet over medium heat. Spread the chive butter on one side of each bread slice. Place two of the slices buttered side down on a clean cutting board. Top each of the two slices with ingredients in this order: one slice of cheese, half of the roast beef, half of the roasted potato slices, then another slice of cheese. Finish by topping both sandwiches with the remaining slices of bread, buttered side up. Use a wide spatula to transfer both sandwiches to the skillet. Cover and cook for about 4 minutes or until they're browned on the bottom, adjusting the heat to avoid burning them, and pressing on them as needed to help compact the sandwiches a bit. Then carefully turn the sandwiches over and cook for 4 minutes or until the cheese has melted and the sandwiches hold together top to bottom.

Transfer to the cutting board; cut each sandwich in half, on the diagonal if you like. Serve warm, with the horseradish cream for dipping.

Photo by Deb Lindsey/Washington Post

Oatmeal with butter-toasted almonds, a hint of cinnamon and a little brown sugar. Photo by E. Jason Wambsgans/Chicago Tribune/TNS

The case against overnight oats and for the traditional

BY LEAH ESKIN
Tribune News Service

Overnight oats are an overnight sensation. Easy! Healthy! Quick! It's the breakfast trifecta, in a jar.

If you're in college, or on the Internet, or eat, someone will say: Try it. So I did.

The recipe is simple: Toss oats and milk in a jar, twist and chill. Hours later, untwist breakfast. Still, my college girl and I complicated it. At night, we measured our variables: milk, almond milk, yogurt; peanut butter, almond butter, chia seeds; honey, syrup, sugar; fresh fruit, dried fruit, no fruit. In the morning, we ran 10 taste tests.

The results were uniform: Overnight oats spoon up soggy, cold and awful. I'll give the recipe easy. And healthy. And even quick: Just taste and toss.

For my seven minutes of breakfast prep, I'd rather simmer the oats thick, steam them chewy and scatter them with hot buttered almonds. The recipe is easy, healthy, quick — and delicious.

MIDMORNING OATMEAL

Prep: 1 minute

Cook: 6 minutes

Makes: 1

1/3 cup water

1/3 cup milk

1/3 cup rolled (aka "old fashioned") oats

1/3 teaspoon butter

1 tablespoon sliced almonds

1 pinch salt

1 sprinkle cinnamon

1 teaspoon brown sugar

1. Boil: In a medium saucepan, bring water and milk to a boil. Sprinkle in oats and cook, stirring occasionally, until thick, about 4 minutes. Pull pan off heat, cover and let rest 2 minutes.

2. Toast: Meanwhile, in a small skillet, heat butter over medium. Slide in almonds and toast, shaking now and then, until golden brown, about 5 minutes. Season with salt and cinnamon.

3. Build: Scoop oatmeal into a small bowl. Sprinkle on brown sugar, then toasted nuts. Dig in.

Hy-Vee's One Step program gives back

As part of Hy-Vee's mission to make lives easier, healthier and happier, health and wellness has long been a focus of our efforts. In 2011, Hy-Vee began the One Step program, which takes that commitment to health and wellness one step further, by funding projects locally and worldwide to help people be healthier. The mission of One Step is simple - to offer customers a selection of everyday products and donate a portion of those proceeds to relevant, worthy causes. The program involves four products: One Step Shredded Wheat Cereal, One Step Russet Potatoes, One Step Bottled Water, and One Step Paper Towels.

Food insecurity and hunger are problems both locally and around the world. Proceeds from the sale of One Step Shredded Wheat Cereal, which is packaged in a 100% recycled cardboard box, help those struggling with food insecurities. To date, more than \$51,000 has been donated to Meals from the Heartland, a nonprofit organization of volunteers who package nutritious meals for the needy. That amounts to roughly 256,000 meals, which have been packaged and shipped to food banks throughout the Midwest. Your purchase of One Step Shredded Wheat will not only help people in need, it can also benefit your own health!

This 100 percent whole-grain cereal is an excellent source of fiber and a great way to start your day.

Proceeds from the sales of One

Step Russet Potatoes help fund grants that are awarded each year to support community gardens. Thus far, purchases of One Step Russet Potatoes have provided funding for 420 community gardens. In addition, Hy-Vee registered dietitians often collaborate with local One Step gardens, to teach children and others in need about health and nutrition through the process of planting, tending and harvesting their own fruits and vegetables.

Lack of fresh water is another global crisis which the One Step program has set out to help alleviate. It is estimated that, worldwide, one in six people lacks access to safe drinking water. Hy-Vee partners with Rotary International to dig wells to provide people around the world with clean water and improved sanitation. Proceeds from the sales of One Step Bottled Water have led to the completion of 13 clean water projects, which provide clean drinking water to villages in countries including Haiti, South Sudan, Kenya, Tanzania and Nigeria.

The sales of One Step Paper Towels, which are made of recycled materials, go toward preservation of another crucial resource: trees. Trees provide ecological and environmental benefits to communities, as well as practical, commercial and social values that affect a community's quality of life.

Thanks to the sales of One Step Paper Towels, 14,000 trees were planted in the flood-damaged Wilson Island State Recreation area near Council Bluffs, Iowa.

Hy-Vee works with the Arbor Day Foundation to plant trees in neighborhoods, parks and other public places.

Stop by to visit your Ames Hy-Vee registered dietitians this month to learn more about One

Step products and other products that "give back." And try this recipe for an easy, healthy breakfast using One Step Shredded Wheat Cereal!

ONE STEP SHREDDED WHEAT PARFAIT

Serves 1.

All you need:

1 (5.3 oz) container Sigg's non-fat raspberry yogurt

2/3 cup crushed Hy-Vee One Step shredded wheat cereal

1/4 cup fresh raspberries

1 tbsp sliced almonds

All you do:

Spoon about half of the yogurt into the bottom of a parfait glass or other tall glass. Cover with 1/3 cup crushed shredded wheat cereal. Repeat layers of yogurt and shredded wheat.

Top with fresh raspberries and sliced almonds.

Nutrition Facts per serving: 280 calories, 3.5g fat, 0g saturated fat, 0mg cholesterol, 65mg sodium, 46g carbohydrates, 18g sugar, 7g fiber, 19g protein

Daily values: 0% vitamin A, 15% vitamin C, 20% calcium, 60% iron.

Source: Hy-Vee dietitians.

The information is not intended as medical advice. Please consult a medical professional for individual advice.

Nicole Arnold represents Hy-Vee as a nutrition expert working throughout the community to promote healthy eating and nutrition. Nicole is a Registered and Licensed Dietitian Nutritionist, ACE certified personal trainer and member of the Academy of Nutrition and Dietetics.

Can't get enough chickpeas?

BY JOE YONAN
Washington Post

SKILLET SPINACH AND CHIVE QUICHE

6 to 8 servings

A cast-iron skillet creates a particularly crisp crust, but you can use a tart pan if you prefer. (And, if desired, you can use this filling recipe with a conventional pie crust dough.)

MAKE AHEAD: The crust can be baked and refrigerated for up to 3 days before you add the filling and bake the quiche.

Adapted from "Chickpea Flour Does it All,"

by Lindsey S. Love (The Experiment, 2016).

INGREDIENTS

For the crust:

1/4 cup plus 1 tablespoon extra-virgin olive oil

1 cup (100 grams) almond flour

1 cup (120 grams) chickpea flour

1/2 teaspoon baking powder

1/2 teaspoon fine sea salt

1/8 teaspoon freshly ground black pepper

1 to 2 tablespoons water

For the filling:

6 large eggs, lightly beaten

2 cups lightly packed baby spinach, coarsely chopped

1/2 cup plain almond milk (may substitute whole or low-fat milk)

1/4 cup chopped chives

1 teaspoon ground cumin

1 teaspoon fine sea salt

Freshly ground black pepper

STEPS

Preheat the oven to 400 degrees. Lightly grease a 9-inch cast-iron skillet or tart pan with 1 tablespoon of the oil.

For the crust: Whisk together the almond

flour, chickpea flour, baking powder, sea salt and pepper in a large bowl. Add the remaining 1/4 cup of oil and use your hands to work it into the dry ingredients until the mixture is crumbly. Add 1 tablespoon of the water and squeeze the dough; if it feels dry and doesn't stick together, drizzle in the remaining 1 tablespoon of water and squeeze the dough until it sticks together. Turn the dough out into the skillet, then use your fingers to press it into the bottom and up the sides of the pan. Bake

the crust until it's dry to the touch and starting to firm up, 10 minutes. Remove it from the oven; reduce the temperature to 375 degrees.

While the crust is baking, make the filling: Whisk together the eggs, spinach, almond milk, chives, cumin, sea salt and pepper in a medium bowl. Once the crust is ready, pour in the filling mixture and carefully return the skillet to the oven. Bake the quiche until it's firm and the center is set, 25 to 30 minutes.

Let the quiche cool for 5 minutes, then serve warm.

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■ AMES CONVENTION & VISITORS BUREAU

Ames and Story County Celebrate National Travel and Tourism Month

May is National Travel and Tourism Month, so it's the perfect time to celebrate the importance of visitors to the City of Ames as well as the entire Story County area. Each year hundreds of thousands of people travel to Ames. In fact, in 2015 Ames had more than 508,900 overnight visitors who spent more than \$107 million dollars while they were here!

508,900 Overnight Visitors!

There's many reasons why visitors make the journey to Ames. Many come to visit Iowa State University. They are here to see the campus, attend an educational conference, a concert or a sporting event. Visitors also come for the world class business organizations that call Ames home. However, don't forget the countless people who visit our city to spend time with Ames and Story County residents.

While someone might travel to Ames for a specific reason, when they arrive they find a warm and friendly place. As they get to know the city, they soon realize there is much to see and do in Central Iowa. From live music and shopping to outdoor activities and arts and culture, there is something for everyone in our community.

So much to see and do in Ames

Visitors can explore beautiful Reiman Gardens filled with amazing plants, flowers and butterflies. If they are interested in art, then a trip to the Octagon Center for the Arts will be on their list. The Octagon hosts rotating exhibits in its three on-site galleries, featuring regional and national artists. In addition, visitors can see one-of-a-kind hand-blown glass art at Ciccotti Art Glass.

With 36 parks, 55 miles of trails, hiking paths, ice skating, four golf courses, and an aquatic center, having fun in Ames has never been easier. Visitors can hike, bike, fish, canoe or kayak at Ada Hayden Heritage Park. It's also a wonderful place to picnic and simply enjoy the scenery.

Ames has several shopping districts, each with a distinct personality. The Main Street Cultural District is home to many unique, locally owned stores, restaurants and services. While there, visitors can pick up a brochure at the Ames History Center and enjoy a historic walking tour of downtown Ames.

The Campustown area, located just south of Iowa State University, offers coffee houses, restaurants, and terrific stores and boutiques. It's the perfect place for visitors to explore. For visitors that are looking for a variety of national retailers, North Grand Mall is the place to go. They'll find an array of name-brand stores and specialty shops.

Ames has an active performing arts scene as well. Visitors can often catch live music, a comedy show or open mic nights throughout the community. Performances can be found at many different locations including downtown Ames, the M-Shop, Fisher Theater (ISU Theatre) and Ames Community Theater (ACTORS). While here, visitors can also take in nationally acclaimed events at Stephens Auditorium and large-scale concerts in Hilton Coliseum.

The Iowa State Memorial Union has a bowling alley, billiards and arcade-style games. Perfect Games also offers 24 lanes of bowling, a two-story laser tag arena and arcade-style games.

So much to see and do in Central Iowa

In Boone, visitors have the chance to ride the historic Boone & Scenic Valley Railroad. While there, they can also visit the James H. Andrew Railroad Museum & History Center.

The Talent Factory in Nevada is a live entertainment venue housed in a historical movie theater. Visitors can enjoy a show featuring local and national singers, musicians, comedians, magicians and live bands.



Boone & Scenic Valley Railroad, photo courtesy of Boone & Scenic Valley Railroad & James H. Andrew Museum

Located just a short drive from Ames are Ledges State Park and Seven Oak Recreation. At Ledges, you can hike to historic burial mounds and view the canyons and bluffs along the Des Moines River Valley. Seven Oaks offers kayak, canoe and river tube rentals for water recreation in May through October, along with biking trails and paintball facilities.

Visitors can also take in the Iowa Arboretum located in Madrid. It is a 415 acre public garden that showcases hundreds of species of trees, shrubs and flowering plants in a tranquil setting. Woodland and prairie trails offer terrific outdoor walking possibilities. The grounds and gardens are beautiful in all seasons.

For the bicycle enthusiast, bicycle rentals are available from Trailside Rentals. Visitors can rent a bike, then explore the High Trestle Trail in Madrid.

For the visitor interested in learning about native wild life, Story County Conservation hosts events for the public. They could take a night walk or learn about local birds and bats.

Plan a Staycation!

With so much to see and do right here at home, many residents choose to enjoy staycations throughout the year! Why travel when there are fun places to explore close to home?

Welcoming Visitors

You can see why Ames has so many reasons to celebrate National Travel and Tourism Month. With the many wonderful amenities and attractions in the area, it's no wonder why people choose to visit Ames and the surrounding region. The Ames Convention & Visitors Bureau (Bureau) is here to welcome these individuals and groups to our community. Promoting the area is a primary focus for the Bureau, and they use a variety of avenues to reach out to visitors sharing why Ames and Central Iowa is such a unique destination.



Ciccotti Art Glass Display, photo courtesy of Ciccotti Art Glass

Promoting the CYtes of Ames

Since this is Cyclone Country, the Bureau likes to call the various attractions in the area, Cytes, pronounced sites. The Bureau's publication, CYtes, is a guide to Ames and Iowa State University. Published three times a year, this magazine offers visitors and residents alike the opportunity to learn about all there is to do in the area. Upcoming events as well as member organizations are also listed. CYtes is the perfect resource for anyone ready to explore and experience all the community has to offer.

In 2016, the Bureau launched a second website to promote the area. CYtesofAmes.com is an online guide to Ames and Iowa State University. The Bureau's original website, visitames.com, is also an excellent resource that promotes the region.

Last year the Bureau introduced their CYtes of Ames YouTube channel and continues to add videos of member organizations regularly. As a benefit of membership, member organizations can have a 30 second promotional video produced using a local production company free of charge. The videos are added to the CYtes of Ames YouTube channel and the members can use them in their own promotions. The YouTube

channel is a terrific way for visitors and residents to see the exciting attractions and places they can visit.

The Bureau also writes blog posts for the Travel Iowa website (traveliowa.com). It's another chance for the Bureau to reach out to travelers interested in visiting Iowa.

Social media is another great venue to promote Ames and the surrounding area. The Bureau has a Facebook page and tweets frequent messages. Both allow the Bureau to highlight a multitude of events happening in the community and feature various organizations as well.

Keep in touch with the Bureau!

While May is the month travel and tourism is celebrated, the Ames Convention & Visitors Bureau is proud to share our passion and enthusiasm for promoting Ames and the surrounding area as a premier visitor destination every day! As a resident, the Bureau invites you to follow them on Twitter @CytesofAmes, find them on Facebook at [fb.com/CytesofAmes](https://www.facebook.com/CytesofAmes), and visit their CYtes of Ames YouTube channel, so you too can get the latest news regarding upcoming attractions and events you won't want to miss!



Photo courtesy of the Ames Convention & Visitors Bureau





dietitian's pick

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5. Prevention! The dietitian will discuss your risk for heart disease, diabetes and metabolic syndrome while giving great recommendations based on your numbers.

Amy Clark, RD, LD

640 Lincoln Way | Ames, IA
515-232-1961 | aclark@hy-vee.com

Nicole Arnold, RD, LD

3800 W Lincoln Way | Ames, IA
515-292-5543 | narnold@hy-vee.com



MEDITERRANEAN TUNA ANTIPASTO SALAD

Serves 4

ALL YOU NEED:

1 (15 to 19 oz) can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
2 (5 to 6 oz each) cans water-packed chunk light tuna, drained and flaked
1 large red bell pepper, finely diced
1/2 cup finely chopped red onion
1/2 cup chopped fresh parsley, divided
4 tsp capers, rinsed
1 1/2 tsp finely chopped fresh rosemary
1/2 cup lemon juice, divided
4 tbsp extra-virgin olive oil, divided
Freshly ground pepper, to taste
1/4 tsp salt
8 cups mixed salad greens

ALL YOU DO:

1. Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper.
2. Combine the remaining 1/4 cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Nutrition Facts per serving: 290 calories, 16g fat, 2g saturated fat, 12mg cholesterol, 505mg sodium, 28g carbohydrates, 9g fiber, 17g protein. | Source: Adapted from Eating Well magazine.

This information is not intended as medical advice. Please consult a medical professional for individual advice.